

MEDICARE UPDATE WITH PEG MCDONOUGH

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 27th at 1:00 p.m. to talk about the options available to beneficiaries for 2017 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans, and she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don't wait until it's too late! Call the senior center at 508-543-1234 to let us know if you'll be joining us.

Monday, October 10

Holiday

Office Closed

Tuesday, October 11

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Zumba Gold Class 9:45 a.m.

Table Top Garden Club 9:45 a.m.

Nutrition 11:00 a.m.

Classic Movie – "From Here to Eternity" 12:30 p.m.

Stop & Shop (in lieu of Monday holiday) 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 12

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Computer Class 11:30 a.m.

Christmas Tree Shop/Trader Joe's 1:00 p.m.

Colorist Club 2:00 p.m.

Thursday, October 13

Coffee Connection 8:30 a.m. to 3:30 p.m.

A Matter of Balance 9:30 a.m.

Art Class with Barbara 9:30 a.m.

History Lecture with Paolo DiGregorio 12:30 p.m.

Decorative Rock Painting 1:30 p.m.

Friday, October 14

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics Class 9:00 a.m.

Cribbage 10:15 a.m.

Card Making and Scrapbooking Class 10:15 a.m.

DECORATIVE ROCK PAINTING

Please join us on Thursday, October 13th and 20th at 1:30 for rock painting classes. Learn how to paint beautiful Mandala designs. They make a perfect gift. Space is limited. Sign up by calling the senior center at 508-543-1234.

ART KEEPS US HUMAN – ART MATTERS

Art has humor, adventure and passion. Human beings are the only creatures living on earth who make art. On Wednesday, October 19th at 5:00 p.m. at the senior center, our guest speaker will be Jane Blair who will introduce us all to “ART MATTERS,” the Art Awareness Program designed to keep us connected to the world and encourage a loving relationship with the visual arts. Art teaches. Art communicates. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Please call the senior center at 508-543-1234 to sign up in advance and be sure to bring your sense of humor and your sense of Human.

HISTORY LECTURES WITH PAOLO DIGREGORIO

“Artifactual Scholar” Paolo DiGregorio, one of our most popular lecturers and our favorite history teacher, will be at the senior center on the following Thursdays in October at 12:30 p.m.: October 6, 13 and 27. Paolo is an historian, archeologist and educator with a passion for telling stories and bringing history to life. In October, Paolo will be presenting a series of programs on “Ancient Empires” with a special look at Greece, Persia and Rome. These programs are being sponsored by the Friends of Foxborough Seniors. If you’d like to join us for this interesting series, please call the senior center at 508-543-1234 to sign up and reserve your seat.

MEN’S BREAKFAST

Our next Men’s Breakfast will be held on Thursday, October 20th at 9:00 a.m. The guest speaker for this month will be Foxborough’s Town Manager Bill Keegan. The cost for breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1234 to sign up by Friday, October 14. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

ASSISTIVE LISTENING SYSTEMS ARE HERE

We now have our assistive listening devices in the senior center. Don’t miss out on any of our programs! If you find that you are having difficulty hearing some of our programs at the senior center, whether it’s one of our guest speakers, a class instructor or a face to face conversation with our human services staff, just ask us for one of our listening devices. We’ll be happy to help you. We are committed to making our senior center a welcoming place for all.

MONEY ALTERNATIVES OF THE CIVIL WAR

During the Civil War, there was a tremendous coin shortage as people hoarded silver coins and copper/nickel cents. Businessmen resorted to using encased postage stamps, tokens, paper scrip and government issued fractional currency. Join us at the senior center on Wednesday, November 2 at 4:30 p.m. when our world traveler Dana Zaiser will be here to present a program about the colorful characters who were behind the privately conceived alternatives to coins at that time in our history. Dana is an amateur Civil War historian, and he has received awards from the Civil War Token Society and the Olde Colony Civil War Round Table in Dedham for his research on this subject. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1234 to sign up in advance and we’ll save you a seat.

COMPUTER CLASSES AT THE SENIOR CENTER

Students from the Foxborough Regional Charter School (FRCS) will be providing computer training classes once again for Foxborough's senior citizens. These computer classes will be held at the senior center and will be tailored to meet the expressed needs of the seniors in the program. The FRCS students will be teaching the seniors everything that seniors have wanted to know about computers but were (not) afraid to ask! The classes are being held on Wednesdays from 11:30 a.m. to 12:30 p.m. and will run throughout the school year. We have WIFI in the senior center, so if you have a laptop or an iPad, please feel free to bring it in with you. There will also be a limited number of computers available in our computer lab. Please call the senior center at 508-543-1234 in advance to sign up for these classes and reserve a seat.

LINE DANCING

Let's get moving and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again at the senior center to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you'll be improving your brain power while getting some great exercise. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 12, 19 and 26. These classes are being offered free of charge. Please call the senior center at 508-543-1234 to sign up if you'd like to join us.

PLEASANT MOMENTS MEMORY CAFÉ OF FOXBOROUGH

Please join us at the senior center at the next meeting of the Pleasant Moments Memory Café of Foxborough on Tuesday, October 18th from 1:30 to 3:00 p.m. A Memory Café is a social gathering and a welcoming place for those who are personally dealing with memory loss and their caregivers, family and friends. Experiencing or caring for someone with memory loss can be isolating, and a Memory Café offers an opportunity to socialize, listen to music, participate in an activity and make new friends in an accepting environment. The Pleasant Moments Memory Café is "open" at the senior center on the 3rd Tuesday of each month at 1:30 p.m. Relax, socialize and share some pleasant moments together. Come and enjoy light refreshments and conversation, free of charge, in a welcoming place for individuals and families living with memory changes. All guests must be accompanied by a care partner who will provide assistance as needed. For additional information, please call Pam at 508-543-1234.

CLASSIC MOVIE DAY

Classic Movie Day for the month of October is scheduled for Tuesday, October 11th at 12:30 p.m. and our featured film will be "From Here to Eternity." In this landmark classic film, passion and tragedy collide on a military base as a fateful day in December 1941 draws near. Private Prewitt (Montgomery Clift) is a soldier and former boxer being manipulated by his superior and peers. His friend Maggio (Frank Sinatra) tries to help him but has his own troubles. Sergeant Warden (Burt Lancaster) and Karen Holmes (Deborah Kerr) tread on dangerous ground as lovers in an illicit affair. Each of their lives will be changed when their stories culminate in the Japanese attack on Pearl Harbor. Join us at the senior center to watch this film and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1234 if you'd like to sign up.

SENIOR SUPPER CLUB

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, October 26th we'll be enjoying our menu of Macaroni & Cheese, Scalloped Tomatoes with Spinach, Roll, Cake & Ice Cream. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1234 by Monday, October 24th to make your reservation and to arrange for transportation, if needed.

LOW VISION SUPPORT GROUP

The Low Vision Support Group meets at the senior center on the 3rd Thursday of each month. The next meeting will be at 1:00 p.m. on Thursday, October 20th. The Low Vision Support Group is an adult group providing peer support and information for anyone with vision loss, or for those who have concerns about their vision. Seniors from Foxborough, as well as surrounding towns, are welcome!

MEDICAL INFORMATION AND SERVICES

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for October 17, 20 and 24. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1234 to set up and appointment.

REGULARLY SCHEDULED EXERCISE CLASSES

It's always time to join us at the senior center for some or all of our weekly exercise programs. We have Chair Yoga classes that meet every Monday morning at 9:30 a.m., followed by Tai Chi classes at 10:30 a.m. Every Tuesday morning at 8:30 a.m. we hold Stretch and Balance classes, followed by some Latin dancing in our Zumba Gold class at 9:45 a.m. Strength Training classes are scheduled for Wednesday mornings at 8:30 a.m. and Aerobics classes are held every Friday morning at 9:00 a.m. There is a \$2 charge for each class. No more excuses! Come and get moving with us.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We have a Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, October 20 at 1:00 p.m. Everyone is welcome to attend these informational services.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be at The Longhorn Restaurant on Wednesday, October 19th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1234 to sign up by Monday, October 17th. Van transportation is available, but transportation arrangements must be made by Monday the 17th.

October 12 – Christmas Tree Shop / Trader Joe's

October 19 – The Longhorn Restaurant

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.

The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1234.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Sodium amounts are listed beside each menu item

Monday, October 10

Columbus Day

No Meals Served

Tuesday, October 11

Caribbean Chicken 375

Hawaiian Rice 35

Tarragon Carrots 77

Whole Wheat Bread 160

Tropical Fruit 47

Sodium 690

Calories 477

Wednesday, October 12

Stuffed Shells 390

Roman Blend Vegetables 26

Scali Bread 190

Tapioca Pudding 130

Sodium 736

Calories 408

Thursday, October 13

Meatloaf 172

With Onion Gravy 148

Parsley Mashed Potatoes 63

Brussel Sprouts 12

Multigrain Bread 190

Fresh Apple 10

Sodium 595

Calories 631

Friday, October 14

Catch of the Day 240

Tartar Sauce 261

Potato Wedges 27

Tossed Salad with Dressing 124

Dinner roll 160

Mandarin Oranges 6

Sodium 878

Calories 580